The University of Michigan School of Public Health (SPH) in Ann Arbor, Michigan, is one of four Public Health Schools in Michigan. They offer both the MPH and MHSA. The U-M SPH is known for providing six departments to choose from: Biostatistics, Environmental Health Sciences, Epidemiology, Health Behavior and Health Education, Health Management and Policy, and Nutritional Sciences. They are #1 in Management and Policy by U.S. News & World Report, #1 in Public Research by the National Science Foundation, #1 in Biostatistics by National Academies, and ranked #4 among Public Health Schools by U.S. News & World Report.

With 34 research centers and over 30 student organizations, the U-M School of Public Health places emphasis on research, education, inclusion, and innovation to create a positive and lasting impact on the health of our worldwide populations. The U-M SPH accepts applications through SOPHAS, and require that students either take the GRE or the MCAT. Their competitive GPA is a 3.44. To apply, students must also submit three letters of evaluations, and must also submit both the SOPHAS Statement of Purpose and Objectives, as well as the Reflective Essay. The School of Public Health Application Service (SOPHAS) opened on August 17 for the 2017-2018 application year, and closes on August 3, 2018.
Career Corner with Brian Telfor

Pre PT, Pre OT, Kinesiology 492 and 493 Internship
This is an unpaid seasonal internship with Sparrow Health System. Interns will help with patient care tasks such as assisting with PT or OT treatment in their therapy gyms, transporting patients to/from therapy appointments, cleaning, and ensuring that the patient is comfortable. The start date is 1/1/18 and the end date is 5/11/18.
Deadline: Nov 9th at 4:00 pm Job Code: 389707

Home Health and Hospice Internship
This is an unpaid internship in Clinton Township, Michigan with the Reverence Home Health and Hospice. Interns gain experience in Healthcare Administration, Direct End of Life Care, Bereavement Counseling, and Music and Art Therapy. The start and end dates are flexible.
Deadline: May 1st, 2018 Job Code: 742296

Nutrition, Health Sciences and Wellness Internship
This is an unpaid internship in San Diego, California with The Whole Food Nut. They are looking for students majoring in nutrition. Interns need skills such as strong problem-solving and critical thinking skills, ability to explain and demonstrate solutions and understand nutritional science and health benefits of whole foods. The start and end dates are flexible.
Deadline: May 15th, 2018 Job Code: 746583

Wellness Specialist Intern at the Dow Midland Wellness Centers
This is an unpaid internship in Midland, Michigan with the Greater Midland Corporate Wellness. Interns will be prepared for entry into the health and fitness fields through a supervised experience that focuses on the practical application of learned theories and knowledge.
Deadline: Dec 31st, 2018 Job Code: 386095

Clinical Laboratory Intern
This is a paid part-time internship in Kenosha, Wisconsin with Froedtert South. This internship requires students in their final year of a BLD major. Interns will be able to recognize and solve problems under pre-set guidelines and supervision. They will also communicate technical concepts, and perform venipunctures. The start and end dates are flexible.
Deadline: Jan 1st at 1:00 pm Job Code: 1049875

Fitness Internship
This is an unpaid part-time internship in East Lansing, Michigan with Burcham Hills. This internship requires junior or seniors majoring in kinesiology, exercise science or exercise physiology. Interns will be working in a clinical setting, learning creating exercise routine based on medical history, and communication skills with elders and dementia clients. The start date is 1/8/18 and the end date is 5/4/18.
Deadline: Nov 15th, 2018 Job Code: 1027207

You can schedule an appointment with Brian Telfor concerning internship and career resources through Handshake!  https://msu.joinhandshake.com/
Faculty Spotlight: Dr. Kaston Anderson-Carpenter

Q: You are currently teaching Health Psychology (PSY 320) this semester. What made you want to teach? I think it’s safe to say I was a teacher long before I knew I wanted to do it. I began tutoring math and writing as a side job when I was in college, but it wasn’t until I switched my major to Psychology when I realized that I wanted to become a professor. I was inspired greatly by my mother, an educator herself, and one of my mentors, Dr. Linda Brannon. What I love most about teaching is seeing my students apply the course material in innovative ways and taking what they learn both to evaluate scientific research and to critique current policies.

Q: Can you give a brief description of PSY 320 and why students should take this course? PSY 320 is Health Psychology, and I teach it from a multicultural and global perspective. Any student who aspires to work in a health-related field (or who wants to learn more about health psychology) would benefit greatly from the course. Because our society is becoming more diverse, it is imperative for future health professionals to demonstrate both cultural competence and cultural humility when working with patients and clients. To that end, PSY 320 prepares students by delving into the cultural implications of current health practices and the impact that health policies can have on people from diverse backgrounds.

Q: What was your favorite class as an undergraduate student? Interestingly, I have two favorite classes: Multivariate Calculus and The History of Mathematics. I have always found math and statistics fascinating, and there is such an under appreciation of math’s beauty in the world.

Q: What is an interesting fact about yourself that people may not know? The most interesting fact about me is that I am a classically trained pianist.

Q: What is one piece of advice you have for paraprofessional students? Think outside the box. Be creative. Live authentically. Defy others’ expectations. These are the principles I believe will guide paraprofessional students well in their careers.
Student Organization Spotlight: Health Without Borders

Health Without Borders is a new organization on MSU campus. The organization is partnered with Inner Wheel Club, and Rotary Club of India. The purpose of this organization is to target a specific region and disease every year, to whom the organization will provide preventative information and supplies to those in need. They will distribute supplies to impoverished areas to aid in the prevention of the targeted disease. This year the organization is focused on the disease, Cholera. They are focusing on a small village called Gurdaspur in India. The founder of the organization, Parul Gupta, ultimately decided to form this organization after she received a phone call from her grandmother from India. Her grandmother mentioned the living conditions in Gurdaspur are worsening. Cholera can be prevented by something as simple as clean water. That is why the goal of the organization is to raise $10,000 by the end of fall semester. They plan to donate $1,000 to a school in India, another $5,000 for five water tank, and the rest of the money to buy water filters for the village in India. The organization has many fundraiser events planned throughout the semester to raise this type of money. Last spring, they held a 5K run which was successfully in raising a lot of money for their $10,000 target. This organization is an eye-opening experience which helps pre-professional students gain a worldly point of view on health and medicine. More information about Health Without Borders can be found on their website: https://healthwithoutborder.wixsite.com/hwbmsu
Student Spotlight: Cassidy Thomas, Nutritional Sciences

Q: What has been your favorite class at MSU thus far?
My favorite class at MSU so far has been PSL 311L with Dr. Zubek. It’s a physiology lab that compliments PSL 310 and I found it so helpful in reinforcing the information I was learning/had learned in PSL 310. It was also a lot of fun and it was super interesting, plus Dr. Zubek is the coolest guy. The lab is designed for pre-health professionals so it was really fun to get to work in small groups of people with similar goals to my own.

Q: What do you like to do in your free time?
In my free time I like to bake, run, and do things outside like mountain biking and hiking.

Q: What are your plans for after graduation?
I applied to twelve PA schools this cycle so hopefully I will be attending PA school after graduation. If I don't get in this cycle I'll work at the hospital in my hometown for a year and reapply.

Q: What is your most memorable experience here at MSU?
I went on a medical mission trip through Global Brigades to Honduras in January of this year. I met so many amazing people both from MSU and from Honduras and I learned so much from the medical professionals in Honduras.

Q: How are you involved here at MSU and in the community?
I am currently the president of the MSU Pre-Physician Assistant Club. The pre-PA club is designed to inform pre-PA students of the PA profession as well as prepare them for the application process into PA school. The pre-PA club also participates in volunteer events and some really cool events like a suture clinic. I am also the co-vice external president of Spartans Rebuilding Michigan. Spartans Rebuilding Michigan (SRM) is a volunteering club that aims to volunteer in Lansing and mid-Michigan. SRM has members from all majors so it’s really cool to work towards a common goal with a diverse group of people. Outside of those two clubs I volunteer regularly at the Haven House of East Lansing, which provides homeless families with temporary housing. I often help out in the playroom with the kids or cook dinners for the families staying at the Haven House.

Q: Do you have any research experience?
I do not have any research experience. As a pre-PA student I knew I had to start getting direct patient care hours as soon as I could. I became a certified nursing assistant during my second semester at MSU and have been working as a CNA/NA ever since. I began working in nursing homes and now I am a nursing assistant at McLaren Greater Lansing hospital.
Student Spotlight: Cassidy Thomas Continued

Q: What advice do you have for other pre-professional students that you wish you had known before?  
Some advice for other pre-professional students is to try not to be so hard on yourself. There are tons of qualified applicants going into the same fields as you, but being hard on yourself because you didn’t get a research position or a better grade than them isn’t productive. Just keep doing your best and if you don’t get what you want the first time, try again!

Q: Why do you want to be a Physician Assistant?  
I want to be a physician assistant because of some great experiences I’ve had with PA’s in my own life. As midlevel providers, PA’s have the opportunity to practice medicine and care for people while also interacting with many other levels of healthcare providers.

Meet Your Academic Advisor: Dr. Eila Roberts, Integrative Biology Advisor

Q: Where did you attend school and what did you study?  
I received my Ph.D. in Biopsychology, M.S. in Conservation biology and B.S. in Biopsychology all from University of Michigan (I was a student there for 11 years!).  My doctoral research was on reproductive behavior and endocrinology in wild female geladas living in the Simien Mountains of Ethiopia.

Q: What kind of things do you help students with?  
I work with students to improve their schedules, find research opportunities, apply for internships, and pretty much anything else department-related. I will also begin teaching in the Spring.

Q: What is something most of your students should know about you?  
I love science! I also have 3 dogs, so I apologize if I’m covered in fur at work... sometimes it can’t be helped!

Q: MSU has so many great things to offer—what is one of your favorite things about MUS?  
I think my favorite thing about MSU so far (I haven’t even been here 6 months yet!) is the variety in opportunities available. From Study Abroad programs to educational outreach, there’s always something new going on that you can take advantage of!

Q: What is an interesting fact about you people may not know?  
I have lived in 5 countries and visited many more. I guess I have a travel bug!

Q: What is your favorite part about being an advisor?  
I love helping students accomplish their goals, or even just discover what their goals may be. It makes me happy and I think I’m lucky to have a job that is so fulfilling.
PPA Spotlight: Meet Your New PPAs!

Jillian Flood
Hometown: Flat Rock, MI
Major: Neuroscience (Pre-Physician Assistant)
Minor: Women and Gender Studies
Childhood Dream Job: Veterinarian
Co-Curricular Activities: I volunteered at Sparrow, participate in Pre-PA club, and am a nurse aid at McLaren Greater Lansing Hospital.
Fun Fact: I am very involved in art! I craft, DIY, and paint whenever I have time.

Bhumi Patel
Hometown: Troy, MI
Major: Human Biology (Pre-Medical)
Minor: Bioethics
Childhood Dream Job: Teacher
Co-Curricular Activities: I participate in various clubs, and I’m also on the Student Advisory Council! I volunteer throughout the year and I shadow a physician in the summers.
Fun Fact: I can fluently speak three languages: English, Hindi, and Gujarati!

A’jah Chandler
Hometown: Detroit, MI
Major: Neuroscience (Pre-Medical)
Childhood Dream Job: Teacher
Co-Curricular Activities: I am the Event Coordinator for the Minority Association of Pre-Med Students (MAPS), a STEM tutor, a mentor for TRIO, and a member of MSU Students Care. I also volunteer at Sparrow in the Mother/Baby Unit.
Fun Fact: My birthmark is in my mouth.

Course Spotlight: PHM 431—Pharmacology of Drug Addiction

Pharmacology of Drug Abuse, PHM 431, is an introduction to pharmacology and neuropharmacology, focusing on the mechanisms behind addictive drugs and drug abuse. The class teaches you about the mechanics of the brain, and how drugs alter the delicate balance. Sections on the big name drugs, including alcohol, cocaine, and heroin give specific insight on how these drugs produce their effects and how we can become addicted. This class is an upper level course, and it is recommended that you have some background in psychology, physiology, and biochemistry. It also does not require prior knowledge in pharmacology. This class is extremely beneficial for pre-professional students because of the prevalence of drug addiction. Whether it is people abusing alcohol, the heroin epidemic, or patients becoming addicted to their opiates, any medical professional will come in contact with addicted patients. It is the nature of the job, and understanding it makes treating addicted patients a little bit easier. If you plan on taking this class, I recommend a background in anatomy and physiology, as there is a lot of information at the beginning on the physiology of the brain and brain systems, but there is no official prerequisite for this course. Overall, the class is fascinating and if you’re interested, you should check it out!
Medical and Dental School Application Preparation Seminar

The application preparation seminar is a two-part program to assist preprofessional students with the process of applying to medical and dental school during the 2018 cycle. Part one will take place on Wednesday, October 18th from 4-5pm in 105 Natural Science building and also on Thursday, October 19th from 6-7pm in 116 Natural Science Building. Part one will go over entrance exams, applications, and budgeting.

Part two will take place on Wednesday, October 25th from 4-5pm in 105 Natural Science building and also on Thursday, October 26th from 6-7pm in 116 Natural Science Building. Part one will go over letter of evaluation, personal statements, and choosing schools. Hope to see you there!

Check Us Out on the Web!

**Facebook, Twitter and Blogs:**

NatSci4U Blog  
https://natsci.msu.edu/students/blog/

MSU PreHealth Facebook  
http://facebook.com/MSUPreHealth

NatSci Facebook  
https://www.facebook.com/MSUCNS

Twitter for MSU Preprofessional Students  
http://twitter.com/msu_preprof

Twitter for NatSci Students  
http://twitter.com/msu_natsci

**Additional Resources:**

Preprofessional Student Website  
https://natsci.msu.edu/students/preprofessional/

Undergraduate Student Resources  
https://natsci.msu.edu/academics/undergraduate/degree-programs/

Career Exploration  
https://natsci.msu.edu/students/career/

Study Abroad  
https://natsci.msu.edu/academics/undergraduate/study-abroad/